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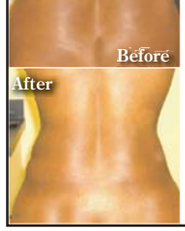

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Tuesday

AUGUST 31, 2010 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY

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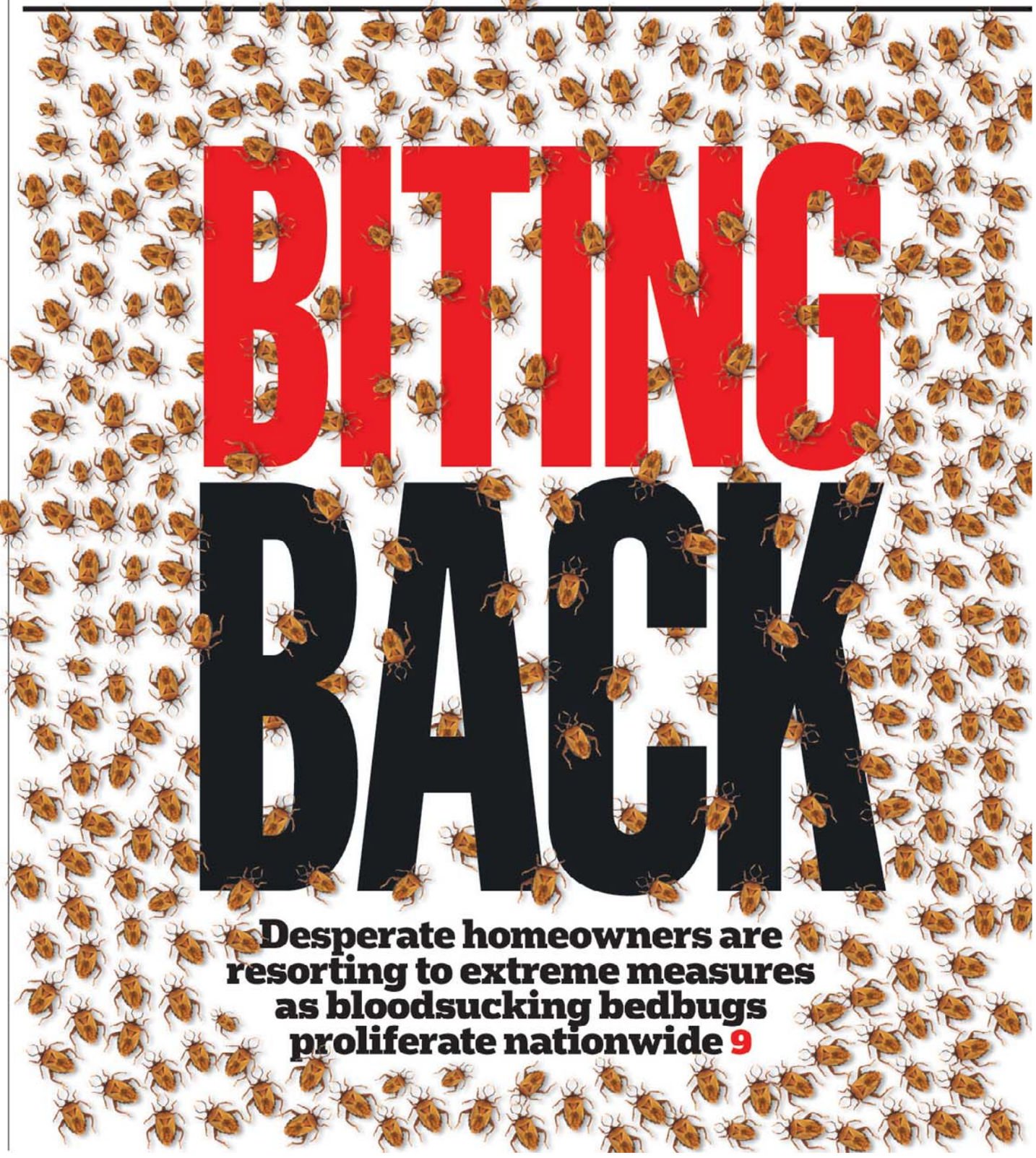

BITING BACK

Desperate homeowners are resorting to extreme measures as bloodsucking bedbugs proliferate nationwide 9

eo

EYE OPENERS

'How Dare You Call Me Dr?!'

British drug store chain Boots is apologizing for sending a patron a customer loyalty card reading "Dr A Suicide Bomber." Andrew Adams of Swansea, Wales, told the U.K.'s Metro newspaper he had not applied for the card and usually doesn't shop at Boots. "I'm not a doctor and I'm certainly not a suicide bomber," he said. In March, the paper notes, Virgin Media addressed a letter to "Mr. Illegal Immigrant." **(EXPRESS)**

"He really acted like a kid. My son is 13, and my son was hanging out with him, and he acted more immature than [my son]."

— **RAY MCCLOUD,** COACH OF A TAMPA BAY, FLA., YOUTH FOOTBALL TEAM THAT WAS JOINED BY A 21-YEAR-OLD MAN PRETENDING TO BE 14. THE MAN IS NOW IN JAIL.

Bandit Fails at Creating Diabolical 'Signature'

Gonzales, La., police arrested the suspected "Brownie Bandit," a man accused of repeatedly breaking into a bakery, stealing freshly baked brownies and leaving behind crumbs and broken windows. Jamon Simoneaux, 18, had a bag full of brownies when he was arrested Thursday. Police booked him on six counts of burglary and four of criminal damage to property. **(AP)**

The Big Picture

HAMISH BLAIR/GETTY IMAGES

THOSE CRAZY EUROPEANS will play soccer ANYWHERE. This time, teams faced off in the River Windrush in Bourton-on-the-Water, England, on Monday. The annual event draws throngs of spectators, who stand on the river's banks and get soaked. (EXPRESS)

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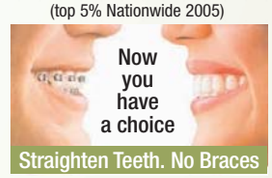

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Rats, Bugs Add to Egg Farm Woes

Washington

Food and Drug Administration investigators have found rodents, seeping manure and even maggots at the Iowa egg farms believed to be responsible for as many as 1,500 cases of salmonella poisoning.

FDA officials released their initial observations of the investigations at Wright County Egg and Hillandale Farms on Monday. The two farms recalled more than half a billion eggs after salmonella illnesses were linked to their products earlier this month.

The reports released by the FDA show many different possible sources of contamination at both farms, including rodent, bug and wild bird infestation, uncontained manure, holes in walls and other problems that could have caused the outbreak. Several positive samples of salmonella have been found at both farms.

The agency released the initial observations on Monday. Officials said they still cannot speculate on the cause of the outbreak but said the farms not only violated their own standards but also new egg rules put in place this summer. **MARY CLARE JALONICK (AP)**

First War, Now Peace for Obama

As president closes out Iraq, he turns to Arab-Israeli conflict

Washington

Firmly and finally ending the U.S. combat mission in Iraq, President Obama will have but a moment before trying to hasten peace nearby between Israelis and Palestinians. Left unclear is whether winding down the war that inflamed Arab passions will do anything to help long-shot Mideast talks.

From the Oval Office, a setting designed to command gravity and attention, Obama will declare Tuesday night that Iraqis are now the ones in charge of a war he had opposed. Within hours on Wednesday, he will be immersed in talks with Israeli and Palestinian leaders, underscoring the hopeful but precarious U.S. role as a middleman.

The White House is framing the two events as commitments kept by the president. But there is little excitement buzz and certainly no bold promises that capping the combat mission in Iraq will prod broader peace in the Middle East.

EWEL SAMAD/AFP/GETTY IMAGES

President Obama's Tuesday speech will explain why the Afghanistan war will go on.

Tuesday night, Obama's emphasis will be to thank the troops and explain why the fight goes on in Afghanistan and beyond — and not so much about the potential for Iraq to be "a beacon of liberty in the Middle East" as President George W. Bush put it.

In a narrow sense, the peace talks convened by the White House have little to do with Iraq. The Middle East stalemate has to do with the borders of a potential Palestinian state, the fate of Palestinian refugees, the status of Jerusalem, the security of Israel — and trust on both sides. Making progress on those points, not the Iraq war, is at the core of renewed talks between Israeli Prime Minister Benjamin Netanyahu and Palestinian President Mahmoud Abbas.

"This is not 'Everything is over.' We still have people there. And we'll still have violence there."

— **WHITE HOUSE PRESS SECRETARY ROBERT GIBBS,** SPEAKING ABOUT THE UNFINISHED OBJECTIVES — SECURITY AND DEMOCRACY — THAT REMAIN IN IRAQ.

Writ large, however, the fate of Iraq is indeed tied to prospects for peace for its neighbors in the region.

"There is no direct connection between the two issues, but I think together they tell the same story: the limits of U.S. power," said Marina Ottaway, director of the Middle East Program at the Carnegie Endowment for International Peace. "The U.S. can only go so far, and then it's in the hands of the regional actors."

For now, a presidential speech about the changing of the U.S. mission in Iraq is as close to closure as the people of the United States will get. **BEN FELLER (AP)**

DISCOVERIES **An emerald so large** it's being compared with the crown jewels of Russian empress Catherine the Great was pulled from a pit near corn rows at a North Carolina farm. The nearly 65-carat emerald was found in an area once so well known among treasure hunters that the owners charged $3 a day to shovel for small samples of the green stones. After the giant gem was cut and re-cut, the finished product was slightly larger than a U.S. quarter. (AP)

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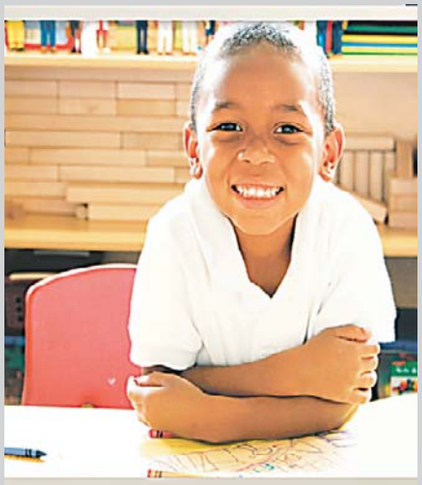

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Nation

U.S. May Grade Vehicles

Updated car stickers to include ratings for efficiency, emissions

Washington

Will your new car get an A in fuel efficiency? A government proposal may add letter grades to showroom window stickers on new cars and trucks to reflect a vehicle's overall fuel economy and greenhouse gas emissions.

The Transportation Department and Environmental Protection Agency said Monday they were considering — beginning with the 2012 model year — a letter grade approach or updating the design of the current sticker to include comparisons of a vehicle's fuel economy and tailpipe emissions.

Consumers scan the stickers to compare vehicles when shopping for a new car or truck. The stickers have not been updated significantly in three decades and the government wants the labels to reflect emerging vehicle technologies and account for greenhouse gas emissions affecting the environment.

"From electric to plug-in hybrid vehicles, we think a new label is absolutely necessary to help consumers make the right decision for their wallet and for the environment," said Gina McCarthy, the EPA's top air pollution official. The changes are required under a 2007 energy law.

Automakers questioned the proposed letter grades, saying it might affect sales. Gloria Bergquist, a spokeswoman for the Alliance of Automobile Manufacturers, said "the letter grade inadvertently suggests a value judgment, taking us back to school days where grades were powerful symbols of passing or failing." KEN THOMAS (AP)

EPA/AP

How They'd Fare

Under the letter grade proposal, an average vehicle would receive a B- on fuel efficiency and emissions. Electric vehicles would receive an A+, plug-in hybrid electric vehicles would earn an A and three gas-electric hybrids — the Ford Fusion Hybrid, Honda Civic Hybrid and Toyota Prius — would get an A-. The best-selling passenger car in America, the Toyota Camry, would receive a B or a B-, depending on the engine. The hybrid version would get a B+. The No. 1 pickup truck, the Ford F-150, would receive a C+ or a C, based on the engine. Luxury models such as the Ferrari 599 GTB Fiorana and the Mercedes-Benz Maybach 57 would get a D+. (AP)

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Glenmont, Wheaton, Forest Glen, Silver Spring and Takoma Metrorail stations will be closed over Labor Day weekend.

A portion of the Red Line and the stations that it serves — Glenmont, Wheaton, Forest Glen, Silver Spring and Takoma — will close at 10 p.m., Friday, September 3, and reopen at 5 a.m., Tuesday, September 7.

This shutdown, while major, is important. It will enable Metro to complete a major rehabilitation and rebuilding project to improve safety, comply with a recommendation made by the National Transportation Safety Board and maintain service reliability and a state of good repair.

If you plan to take the Red Line toward downtown, consider using one of the stations on the western branch of the Red Line and avoiding the work area altogether. If that isn't an option, use one of Metro's free shuttles or an existing bus route, but please add 40 minutes to your travel time.

For more information, please visit MetroOpensDoors.com or call 202-637-7000.

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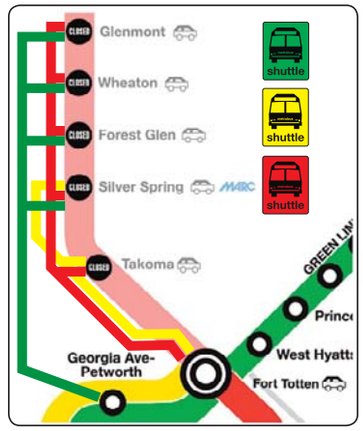

The GREEN shuttle will operate between Glenmont and Georgia Ave-Petworth stations with stops at Wheaton, Forest Glen and Silver Spring stations.

The YELLOW shuttle will operate between Silver Spring and Fort Totten stations with a stop at Takoma station.

The RED shuttle will operate between Glenmont and Fort Totten stations with stops at Wheaton, Forest Glen, Silver Spring and Takoma stations.

It may be faster for you to use Metrorail stations on the western branch of the Red Line to travel into the District of Columbia and points beyond.

Parking at Metro lots will be free throughout the weekend. The following bus lines connect to western branch Red Line stations and serve the area between Georgia Avenue and Rockville Pike/Wisconsin Avenue.

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To Twinbrook:	Metrobus C4, Ride On 10, 26
To White Flint:	Metrobus C8 (Friday and Saturday only), Ride On 5, 38
To Medical Center:	Ride On 34
To Bethesda:	Metrobus J2
To Friendship Heights:	Metrobus L8, Ride On 1

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Nation

Clemens Leads Off With 'Not Guilty' Plea

Washington

Seven-time Cy Young winner Roger Clemens pleaded not guilty Monday to six charges of lying to Congress about whether he used steroids or human growth hormone.

When asked for a plea by U.S. District Judge Reggie Walton, the retired pitcher said in a clear voice: "Not guilty, your honor."

Clemens and another of baseball's premier stars sullied by steroid accusations, all-time home run leader Barry Bonds, could both begin their day in court next spring, turning the spotlight back on major league baseball's long-running drug scandal just as it opens the 2011 season.

Clemens left shortly after his plea without speaking to the throngs of reporters outside.

Clemens

Federal prosecutors didn't believe Clemens' testimony to Congress, and they subsequently charged him with making false statements, perjury and obstruction of Congress. Clemens has vowed all along to fight the charges. **(AP)**

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World

In Brief

VIA AP

A photo released by a Slovakian newspaper shows the suspected gunman.

BRATISLAVA, SLOVAKIA

Gunman Kills Seven, Self

A gunman went on a rampage in Slovakia's capital on Monday, killing seven people and wounding 15, then committed suicide, officials said. Five of the fatalities were members of a Roma family — also known as Gypsies — who lived in an apartment where the man began his attack with a machine gun and two pistols, said Interior Minister Daniel Lipsic. (AP)

MOSCOW

Suicide Blaze Kills Nine At Russian Nursing Home

A despondent 86-year-old man apparently doused himself in gasoline and set off a fire Monday that killed nine people in a Russian nursing home, investigators said. Daria Korovina, a spokeswoman for the regional Emergencies Ministry, said two others were injured in the fire at the facility in Vishny Volochek. (AP)

TEHRAN, IRAN

Iran Media Call French First Lady a 'Prostitute'

Iranian state media called France's first lady, Carla Bruni-Sarkozy, a "prostitute" on Monday in an unusual attack on the wife of a world leader that shows deep anger over her support for an Iranian woman who faced death by stoning on an adultery conviction. (AP)

MEXICO CITY

10 Percent of Police Fired

Mexico's federal police agency has fired nearly 10 percent of its force this year for failing lie detector tests or other checks designed to detect possible corruption, officials said Monday. Police corruption at all levels is widespread in Mexico. (AP)

Indonesia Volcano Bursts Again

Villagers abandon homes and head to emergency shelters

Tanah Karo, Indonesia

Tens of thousands of people packed emergency shelters Monday after a long-dormant volcano in western Indonesia spewed clouds of hot ash and smoke more than a mile into the air — an eruption that caught scientists off-guard.

The eruption of Mount Sinabung put the region on the highest alert level, and some domestic flights had to be diverted because of poor visibility.

Villagers living along Sinabung's fertile slopes in North Sumatra province started heading down the 8,000-foot volcano after it began rumbling during the weekend.

An explosion Sunday was followed by a much more powerful blast Monday, and the number of people who evacuated hit 30,000, with hastily abandoned homes and crops blanketed in gray ash. The air was thick with the smell of sulfur. Two people died, but Priyadi Kardono of the National Disaster Management Agency said it was too early to say if the volcano was to blame.

Lee Siebert, director of the Global Volcanism Program at the Smithsonian Institution, said it's no surprise that Sinabung would erupt after 400 years of being quiet. That's not very long by geological standards, Siebert said, noting that a volcano that has erupted within the past 10,000 years can be considered active. BINSAR BAKKARA AND MALCOLM RITTER (AP)

SUTANTA ADITYA/AFP/GETTY IMAGES

A woman watches Mount Sinabung spew clouds of hot ash and smoke on Monday.

Tracking History

Sinabung last erupted in 1600, and officials acknowledged that they had not been monitoring the volcano because it had been dormant for so long. There are 129 active volcanos to watch in Indonesia, which is spread across 17,500 islands and prone to eruptions because it's near the so-called "Ring of Fire" — a series of fault lines stretching from the Western Hemisphere through Japan and Southeast Asia. (AP)

Biden Marks 'New Dawn' in Iraq

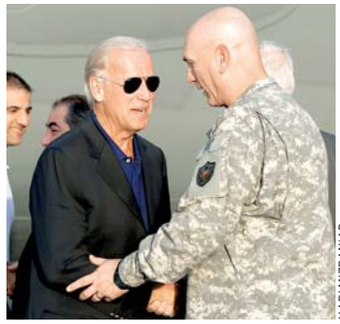
Baghdad

Vice President Biden returned to Iraq on Monday to mark the formal end to U.S. combat operations and push the country's leaders to end a six-month stalemate blocking formation of a new government.

He came to preside over a military change-of-command ceremony on Wednesday. The event will signal a shift toward a greater U.S. diplomatic role as the military mission dwindles seven years after the American invasion that toppled Saddam Hussein.

Biden tried to reassure Iraqis about the transition.

"We're going to be just fine. They're going to be just fine," he said during a photo opportunity at the U.S. Embassy. He was flanked by Gen. Ray Odierno, Ambassador Jim Jeffrey and Marine Gen. James Mattis, the new leader of the U.S. Central Command.



HADI MIZBAN/AP

Vice President Biden greets Gen. Ray Odierno on Monday in Baghdad.

The Sept. 1 ceremony also marks the start of the so-called "Operation New Dawn" — symbolizing the beginning of the end of the American military's mission in Iraq since invading in March 2003.

Just under 50,000 U.S. troops remain in Iraq — down from a peak of nearly 170,000 at the height of the 2007 military surge that is credited with helping turn the tide in Iraq as it teetered on the brink of civil war. Additionally, U.S. troops no longer will be allowed to go on combat missions unless requested and accompanied by Iraqi forces.

It was the vice president's sixth trip to Iraq since he was elected. QASSIM ABDUL-ZAHRA AND LARA JAKES (AP)

DISCOVERIES

A new type of dinosaur similar to the frightening Velociraptor — but with two sharp claws on each foot instead of just one, shown above — has been discovered by Romanian and American researchers. "Balaur bondoc," which means "stocky dragon," is extremely unusual and is closely related to animals like Velociraptor and the feathered dinosaurs in China. (AP)

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World

Hurricane Earl Pelts Caribbean Islands

San Juan, Puerto Rico

Hurricane Earl battered tiny islands across the northeastern Caribbean with heavy rain and roof-ripping winds Monday, rapidly intensifying into a major Category 4 storm on a path projected to menace the United States.

Already dangerous with sustained winds of 135 mph, Earl is expected to gain more strength before potentially brushing the U.S. East Coast this week and bringing deadly rip currents.

The U.S. National Hurricane Center in Miami warned coastal residents from North Carolina to Maine to watch the storm closely.

"Any small shift in the track could dramatically alter whether it makes landfall or whether it remains over the open ocean," said Wallace Hogsett, a meteorologist at the center. "I can't urge enough to just stay tuned."

The Hurricane Center said it is too early to say what effect Earl would have on the U.S., but warns it could at least kick up dangerous rip currents. **(AP)**

ANDRES LEIGHTON/AP

Luis Colon blocks rain and wind caused by Hurricane Earl Monday in San Juan.

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Cover Story

Don't Let the s Bite

Homeowners are seeking stronger weapons to fight a seemingly invincible foe

Columbus, Ohio

A resurgence of bedbugs across the U.S. has homeowners and apartment dwellers taking desperate measures to eradicate the tenacious bloodsuckers, with some relying on dangerous outdoor pesticides and fly-by-night exterminators.

The problem has gotten so bad that the Environmental Protection Agency warned this month against the indoor use of chemicals meant for the outside. The agency also warned of an increase in pest control companies and others making "unrealistic promises of effectiveness or low cost."

Bedbugs, infesting U.S. households on a scale unseen in more than a half-century, have become largely resistant to common pesticides. As a result, some homeowners and exterminators are turning to more hazardous chemicals that can harm the central nervous system, irritate the skin and eyes or even cause cancer.

Ohio authorities, struggling against widespread infestations in Cincinnati, Columbus, Dayton and other cities, are pleading with EPA to approve the indoor use of the pesticide propoxur, which the agency considers a probable carcinogen and banned for in-home use in 2007. About 25 other states are supporting Ohio's request for an emergency exemption.

EPA rejected the request in June. An agency spokesman, Dale Kemery, said the EPA has pledged to find new, potent chemicals to kill bedbugs, which can cause itchy, red bites that can become infected if scratched.

In the meantime, authorities around the country have blamed house fires on people misusing all sorts of highly flammable garden and lawn chemicals to fight bedbugs. Experts also warn that some hardware products — bug bombs, cedar oil and other natural oils — claim to be lethal but merely cause the bugs to scatter out of sight and hide in cracks in walls and floors.

Bedbugs, a common household pest for centuries, all but vanished in the 1940s and '50s with the widespread use of DDT. But DDT was banned in 1972 as too toxic to wildlife. Since then, the bugs have developed resistance to chemicals that replaced DDT.

MICHAEL HEINZ/ JOURNAL & COURIER/AP

Exterminator Tom Walker looks for bedbugs at a home in West Lafayette, Ind., as infestations multiply across the country.

Extreme Measures

A pest control company in Newark, N.J., was accused in July of applying chemicals not approved for indoors in 70 homes, and even on mattresses and children's toys. No illnesses were reported.

In Cincinnati, an unlicensed applicator in June applied an agricultural pesticide at an apartment complex. Seven tenants got sick; the property was quarantined, and all tenants were

"When you see the anguish that bedbugs cause these people, it's understandable why they might take things into their own hands, and some of it is very dangerous."

— **MICHAEL POTTER,** AN ENTOMOLOGIST AT THE UNIVERSITY OF KENTUCKY AND ONE OF THE COUNTRY'S LEADING BEDBUG EXPERTS

Also, exterminators have fewer weapons in their arsenal than they did just a few years ago because of a 1996 Clinton-era law that requires older pesticides to be re-evaluated based on more stringent health standards. The re-evaluations led to the restrictions on propoxur and other pesticides.

Critics in the pest control industry say that the federal government is overreacting and that professional applicators can work with families to prevent children from being exposed to harmful levels of the chemical, which is more commonly used outside against roaches and crickets.

Experts say it is going to take a comprehensive public health campaign — public-service announcements, travel tips and perhaps even taxpayer-funded extermination programs for public housing — to reduce the bedbug problem. After the bugs were discovered this summer in a Times Square movie theater and some upscale clothing stores, New York City began a $500,000 public awareness campaign.

For Stewart, 76, bedbugs have been a nightmare, infesting her Columbus home since last year. "It's awful, it's disheartening and it's a terrible way to live," said Stewart, whose house was treated by a reputable exterminator for the fourth time Wednesday.

Darrell Spegal, a property manager in Columbus who oversees four apartment complexes, said he has spent thousands of dollars to exterminate units. "We have to try something different," Spegal said. "I mean, look around. The bugs are winning this war." **MATT LEINGANG (AP)**

Most Bugged

Pest control company Terminix last week listed the most-infested cities in the U.S. based on call volume. Ohio has three cities in the top 10. D.C. also made the dubious list:

1. **New York**
2. **Philadelphia**
3. **Detroit**
4. **Cincinnati**
5. **Chicago**
6. **Denver**
7. **Columbus**
8. **Dayton**
9. **Washington, D.C.**
10. **Los Angeles**

Tiny Specks

Bedbugs are the size of poppy seeds as hatchlings and grow to 1/4-inch in length as adults, according to Harvard's School of Public Health. They can be found in mattresses (like the larve shown above), on furniture and on clothing, and they feed off animal and human blood.

Local

Voting Underway in D.C. Primary

Fenty draws vocal support as residents cast early ballots

Washington

Holding a campaign sign over his head, Mayor Adrian M. Fenty was surrounded Monday morning by volunteers and workers, chanting, "Four more years!" outside the D.C. Board of Elections and Ethics on the first day of early voting in the Sept. 14 primary.

Supporters for Council Chairman Vincent C. Gray rebutted with the sing-song: "... hey, hey, hey, goodbye."

GERALD MARTINEAU/FTWP

D.C. residents participate in early primary voting at One Judiciary Square Monday.

But the Gray campaign was outnumbered as Fenty's supporters grew louder.

Fenty's Ward 4 campaign coordinator Josh Lopez spoke into a megaphone: "Old and washed out. Linda Cropp in 2006. Vincent Gray today."

A Washington Post poll published Sunday showed Gray with a 17-point lead among likely voters, and Fenty acknowledged his underdog status.

Through Friday, voters can cast their ballots at One Judiciary Square, 441 4th Street, N.W. Requests for a mailed absentee ballot are due Sept. 7. NIKITA STEWART AND LORI ARATANI (THE WASHINGTON POST)

DC Rider

I am now taking the bus in the morning FOR FREE, given that I qualify with my MARC train pass.

— COMMENTER MICHELLE MALCOLM

Today's Question

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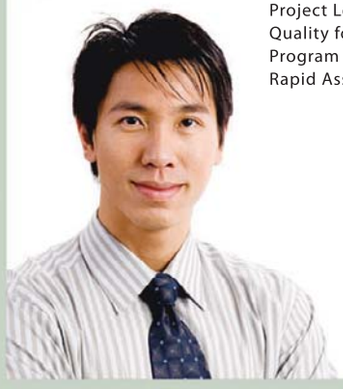

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National Institute of Mental Health
National Institutes of Health
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www.clinicaltrials.gov

NIMH National Institute of Mental Health

Local

Metrorail Logs 510K Trips With Saturday Rallies

Washington

Officials say they logged more than a half-million trips on Metrorail on the day several rallies drew crowds to Washington.

Metro announced Monday that it tallied 510,000 trips on Saturday. Metro saw 303,997 trips on the same Saturday in 2009.

TV and radio talk show host Glenn Beck organized the "Restoring Honor" rally on Saturday at the Lincoln Memorial. The Rev. Al Sharpton held a counter rally and march from Dunbar high school in NW on the same day. **(AP)**

Judge Stops Va. AG's Subpoena Of UVa. Records

Richmond, Va.

A judge has ruled that Virginia attorney general Ken Cuccinelli has failed to specify how a former University of Virginia climate-change researcher defrauded state taxpayers to obtain government grants.

Albemarle County Circuit Judge Paul M. Peatross Jr. ruled Monday that the university can be subject to an investigation by Cuccinelli.

But Peatross said Cuccinelli's two so-called "civil investigative demands" for Michael Mann's records fail to spell out the nature of Mann's alleged wrongdoing. **(AP)**

Md. Students Head Back to Class

JAHI CHIKWENDIU/TWP

MARINA SKLIAS, LEFT, A SCHOOL COUNSELOR, greets third-grader Samuel Jeffries and his mother, Catherine Jeffries, at Cresthaven Elementary School for the first day of school in Silver Spring, Md., Monday. In Montgomery County, the state's largest school system, enrollment swelled by 2,200 students.

The Lotteries

Monday, Aug. 30

District

Mid-day Lucky Numbers 2-7-5
Evening Lucky Numbers (Sun.) 6-0-1
Mid-day DC 4 9-5-8-3
Evening DC 4 (Sun.) 8-0-4-4
Mid-day D.C. Five 4-2-9-1-6
Evening D.C. Five (Sun.) 5-7-9-5-9
Daily 6 (Sun.) 1-16-20-24-34-35 (6)

Maryland

Mid-day Pick 3 5-6-4
Evening Pick 3 (Sun.) 4-9-6
Mid-day Pick 4 1-0-3-2
Evening Pick 4 (Sun.) 5-9-4-7
Match 5 (Sun.) 3-10-17-30-31 (36)

Virginia

Mid-day Pick 3 0-3-3
Evening Pick 3 (Sun.) 2-8-7
Mid-day Pick 4 3-8-0-0
Evening Pick 4 (Sun.) 2-6-5-8
Mid-day Cash 5 (Sun.) 3-8-13-20-24
Evening Cash 5 (Sun.) 13-16-18-21-34

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

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Sports

Hokies' Two-for-One Special

Talented backs aim to carry Va. Tech to another strong year

Hokies Football

When Virginia Tech quarterback Tyrod Taylor turns to hand the ball off this season, his options might make up the best backfield in the country.

Ryan Williams and Darren Evans will finally play together in 2010. First up will be Boise State at FedEx Field on Sept. 6.

Williams, a redshirt sophomore, ran for 1,655 yards last season and broke the ACC record for yards by a freshman running back. He got the chance only because Evans, who set the mark with 1,265 the previous year, tore his ACL early in preseason camp.

The possibilities are endless — pairing the speed and elusiveness of Williams with Evans' preference to barrel over tacklers.

"That's like my big brother," Williams said of Evans, a redshirt junior. "When he was playing and I was redshirting, he kind of took me under his wing and talked to me about his experience playing. Last year, when he went through what he went through, I was there for him always, talking to him. We just built a bond over the year.

Evans returned to the field in the spring with a renewed sense of purpose. He knows he has NFL-caliber talent, and is eager to show he's still the bruiser who averaged 4.4 yards per carry in 2008-09.

To that end, Evans said he's learned from Williams, who had six more carries last season than Evans had the year before, but averaged 5.6 yards per try. Williams also scored 22 touchdowns — 21 rushing — to set another ACC record.

"You can't do anything but try to imitate him and learn from him because he gets out of jams, and when you get the ball, that's what you're supposed to do," Evans said.

The presence of both runners, along with the dual-threat Taylor and an experienced group of receivers, gives the Hokies an explosiveness on offense they've not had in years.

As for sharing carries, Williams and Evans think less may actually be more. "It makes us feel a lot better knowing that if we're tired or if we need a break, I know if I come out of the game, he's going to handle business and vice versa," Williams said.

It might even lead to a friendly competition that leaves defenses hurting. "I think it will be easier to get into a rhythm if we're both fresh and we're feeding off of what each other's doing," Evans said. "If he breaks a long run and gets tired, I'm going to be so hyped after that that I'm going to be wanting to do it, too." HANK KURZ (AP)

JIM STROUP/FTWP

Ryan Williams, left, and Darren Evans, right, will share the load as No. 10 Virginia Tech's top two running backs this season.

"We're going to be able to play together and I think the bond that we've built is going to make what we have on the field a lot better."

— **RYAN WILLIAMS,** ON THE CHANCE TO SHARE THE BACKFIELD WITH DARREN EVANS AT VIRGINIA TECH THIS SEASON, STARTING WITH THE OPENER AGAINST BOISE STATE.

Older Offense, Younger Defense

An added benefit to having so many returning star on offense is that Virginia Tech's young defense gets to practice every day against elite competition. That will be crucial for the Hokies, who can't wait on a young defense featuring seven new starters to grow up if they want to compete for a national championship. "For us to be able to work against those kind of guys is going to prepare them because you're talking about running backs and a quarterback that are as good as anybody in America," defensive coordinator Bud Foster said.

On the Backburner

Virginia Tech's depth in the backfield may allow the team to redshirt speedster David Wilson, another highly touted tailback who played mostly on return units and in mop-up duty last season as a freshman. He averaged 5.7 yards per carry and scored four touchdowns. If the Hokies can keep him off the field this year, he'll retain three years of eligibility — for when he's ready to take over as the starter.

Swengali

Nationals' Dreams Are Put on Hold

"See you in 2012." The Nationals said those words to Stephen Strasburg last week in telling the prized rookie he needs Tommy John surgery.

Somewhere deep down, team President Stan Kasten and GM Mike Rizzo know they're likely to hear the same phrase directed back at them by a weary fan base.

By Matt Swenson

Another lousy season is almost over — with the biggest positive being that the Nats won't get the top pick in the draft for a third-straight year.

Keeping hope alive was the chance the team might be better next season. Then came Friday's thunderbolt. It could be a race to see who's in a Nats jersey first: Strasburg or Bryce Harper.

You get the feeling that next year will be a build-up for Strasburg's return and Harper's arrival.

The worst part about Strasburg's surgery, which will likely cost him the 2011 season, is that it slows down his development significantly. We all know the kid can pitch. But he still won't have thrown 100 innings in the majors when he returns. So it may not be until 2013 that he's ready to lead the rotation, assuming his arm holds up.

You get the feeling that next year will be a build-up for Strasburg's return and Harper's arrival. That's not a whole lot of incentive to catch the Green Line to the Waterfront station.

Of course, the Nats can win some games and pique interest next year. More realistically, the countdown is on for 2012. Naturally, for a cursed city, that's when the Mayans predict doomsday. Dare we trust that all will be right at Nationals Park then?

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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8			4		7			6
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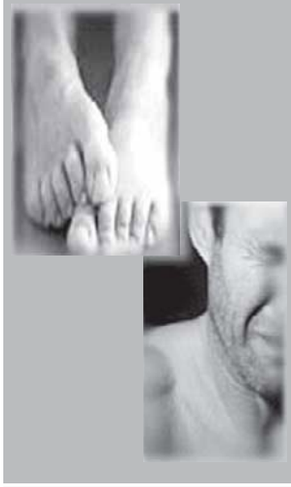

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Sports

New Setback for Kelly

Oft-injured receiver pulls hamstring in first practice back

The Redskins

Washington Redskins receiver Malcolm Kelly pulled his left hamstring again Monday, a major setback in his bid to make the opening day roster, while Donovan McNabb and Clinton Portis remain unable to practice with sprained ankles.

Kelly reinjured the hamstring in his first full practice since the early days of training camp. He first pulled the hamstring while working out with McNabb in Arizona the week before camp began.

"I don't know the extent of it," coach Mike Shanahan said, "but I know it's not good."

The third-year receiver had been hoping to use Thursday's preseason finale against the Arizona Cardinals as his one chance to show the new coaching staff he should remain on the team. His absence from four weeks of practices has seen him fall on the depth chart in a crowded receiver competition, and he is now a candidate for injured reserve.

JOHN MCDONNELL/THEWASHINGTON POST

Malcolm Kelly is a candidate to be put on the Redskins' injured-reserve list.

McNabb again wore a compression stocking on his left leg Monday as he watched the team's workout. Neither the veteran quarterback nor Portis is expected to play Thursday, even if healthy, because Shanahan usually doesn't play starters in the final preseason game.

Shanahan said that McNabb and Portis are day to day, but teammates expect both to play in the season opener against the Dallas Cowboys on Sept. 12. **(AP)**

Rookies Swapped

The Redskins and St. Louis Rams have swapped 2010 draft picks in a pair of trades. The Redskins sent sixth-round selection Dennis Morris to the Rams for a conditional, undisclosed draft pick. St. Louis sent fifth-round pick Hall Davis to Washington, also for a conditional, undisclosed pick. Davis was listed as a defensive end with the Rams, but he would play linebacker with the Redskins. **(AP)**

Opening Day at the U.S. Open

CHRIS MCGRATH/GETTY IMAGES

FRANCESCA SCHIAVONE of Italy serves against Ayumi Morita of Japan during Monday's first round of the U.S. Open. Schiavone, the French Open champ, was a winner—as were Kim Clijsters and American Melanie Oudin.

TV Lineup

NATIONALS (7 P.M., MASN2)
Chart Jordan Zimmermann's recovery from Tommy John surgery when he makes his second start of the year when the Nats play the Marlins.

TENNIS (1 P.M., 7 P.M., ESPN2)
The first round of the U.S. Open continues in New York.

Manny Changes Sox With Move To Windy City

Pro Baseball

Manny Ramirez has officially joined the Chicago White Sox. As expected, the club claimed the 12-time All-Star slugger on waivers from the Los Angeles Dodgers on Monday, hoping his bat can help them make a playoff push.

Chicago is beginning a 10-game road trip to Cleveland, Boston and Detroit 4½ games behind first-place Minnesota in the AL Central.

Ramirez is back in the AL after playing parts of three seasons in Los Angeles. He batted .311 with eight homers and 40 RBIs in 66 games with the Dodgers this season. Ramirez was on the disabled list from July 20 to Aug. 20 with a right calf strain. He missed 33 games. **(AP)**

fit

Guinea Pig | Market Value

Like to release some steam? So does your lunch, if you dig into one of Lean Cuisine's new Market Creations ($2.99, grocery stores). The bagged meals — in eight varieties, including Sweet and Spicy Ginger Chicken, Shrimp Scampi and Mushroom Tortelloni — end up tasting moister than the typical TV dinner. And at around 300 calories or less, they're an easy office lunch option. Just be careful with the potentialy messy sauces, and the high sodium content.

Body Talk

Jackie's Back

You've heard this concept before. Wellness guru waltzes into the lives of people who are overweight, shows them how to eat better and exercise harder, and measures their progress with a weekly weigh-in. Except "Thintervention," which debuts next Monday night at 10 p.m. on Bravo, delivers way more sass than sap. There's a gay sugar addict with cookies tucked away all over his house. A cocktail-swilling English trust fund baby (who has a lot more than just baby fat). A former "Real Housewife" pining for her long-ago Playmate days. And, of course, their motivating mentor just happens to be Jackie Warner, whose rock-hard abs don't seem humanly possible.

The combination of characters makes for an entertaining hour even if you already know how each episode is going to end. (Spoiler: They weigh less.) But more importantly, it manages to sneak in some actually handy advice. The gang's first assignments include tossing everything in their houses with more than five grams of sugar and going two miles (walking or running). Even if you're not a catty Brit, that's a smart start to a diet.

@ | To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com

LAWRENCE LUK

BREAKING: THE RULES

Work It Out

Master the fundamentals of breakdancing — and enjoy its fitness benefits — with B-Boy Rain

Eleven years ago, Javier De La Camara saw someone spin on his head. "And I knew that's what I wanted to do," says De La Camara, or "B-Boy Rain," as he's known in the breakdancing world. Not only can he now swirl on his skull skillfully, but he can also teach you.

What it is: Breakdancing isn't your typical gym offering, but Urban Evolution — which hosts De La Camara's classes Saturdays and Sundays at 1 p.m. ($20 drop in) — isn't your typical gym. "We're trying to build the ultimate fit person here," he says. The place specializes in parkour, a blend of running and gymnastic stunts, which De La Camara views as an ideal complement to his dance instruction. Both require flexibility, strength and stamina.

He's also trying to shape his students into legitimate breakdancers, schooling them on the history and culture of the art form, along with how to handle themselves in battle scenarios. The goal is to go beyond learning a few steps you can string together. "I don't want them to go home with moves, but an identity," he adds.

Moves: That doesn't mean you can ignore how to use your feet. After a run around the block and some calisthenics, it's time to brush up on breakdance basics. You'll have to master the "top rock," the alternating cross-over step that makes you, well, rock from side to side. It seems simple until you have to do it with the properly intimidating attitude. "You're becoming an actor," De La Camara says. The other foundational move is the 6-step, which requires quick footwork while in pushup position.

Then it's time for more advanced stuff, such as freezes (similar to advanced yoga balances) and headstands. If students aren't quite ready for the acrobatics, De La Camara suggests easier options that help build strength and flexibility.

Workout: "I'm sweating profusely," proclaimed student Malik Parker, 21, after a recent session. And indeed, so was everyone else in class, since their heart rates had soared and their muscles had sored. But although you'll feel it the next day, chances are you won't be scraped up, since the facility has mats of all sizes for practicing flips and other dangerous stunts. "I've seen a lot of people learn in the streets, and this is a safer way," says Carlos Lopez, De La Camara's assistant.

Crowd: The mostly male regulars have honed their steps, which makes for an impressive performance at the end of class when it's time to freestyle. But anyone of any age and gender is welcome to join their crew, even folks who think they don't have rhythm, De La Camara says. His solution? Hand them a jump rope to teach them to internalize that beat. **VICKY HALLETT (EXPRESS)**

B-Boys in the Hood

Even if you're not a breakdancer — yet — you'll flip for the Mid-Atlantic B-Boy Championship this Saturday (2 p.m.-8 p.m.) at Urban Evolution (5402 Eisenhower Ave., Alexandria; Urbanevo.com), which promises throwdowns between b-boys and b-girls from across the region. $15 cover.

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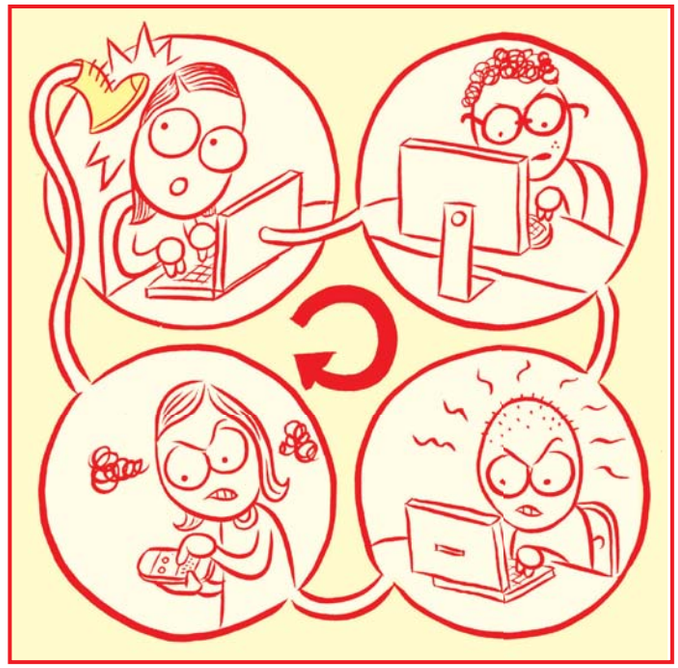

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Forget the Facebook Fight

Q My brother-in-law and a coworker of mine (who don't know each other) got into an argument on Facebook about an article I posted. Yesterday, my sister texted me and said that my BIL was annoyed about it, and she thinks I should get my coworker to apologize. I haven't said anything to my coworker and don't plan to. I just want to be done with the whole thing. But I feel like I've got all these people mad at me and it's not my fault! **IN THE MIDDLE**

Ah, one of the unsung joys of Facebook — its ability to incite bad blood among people who would've never met in real life!

But you don't really have "all these people" mad at you. You just happen to have provided the forum for some folks to lose their cool. You also must separate your sister's take on the situation from what actually went down: She might simply be tired of hearing about it. It is neither your duty nor particularly wise to extract an apology from anyone, unless it's something that you truly think should be done and want to do. So, do your best to let it die, and gently tell your sister that you feel your involvement could only escalate things further. If the sparring parties want to make amends, they know where to find each other.

To Get Closer, Get Some Help

Q I don't like being touched, and have a hard time being physical with guys. A guy that I was with for nine months and who was my only true relationship finally started backing away, and I could tell some of the distance was because we never clicked in bed. He moved away and broke my heart. I could never really explain to him what my problem is, because even I don't really understand it. Some of my friends complain of low sex drive but it's not really that. Please Help! **ANONYMOUS**

Though it might feel really hard to describe, the issue you speak of is not uncommon. And your feelings about it, and reaction to it, can only make you more uncomfortable, perpetuating the cycle. You deserve better. There are a lot of possible roots of this issue, involving everything from body image to boundary violations to sexuality to guilt. I know that seeking out a therapist can be a daunting proposition, and you might feel unsure of how it can help. But a good one really can, not only by helping you figure out what this problem is really about, but most important, formulating a plan to overcome it.

By Dr. Andrea Bonior

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Event Horizon

Fall Into Fitness

If you wanted to get in shape for bathing suit season, you only have one week left. So better focus on looking hot on Halloween. Stroga (1808 Adams Mill Rd. NW; 202-238-9642; Stroga.com) is hoping to help by offering all of its functional training and yoga classes for just $5 each (Sept. 6-12). Or drag your mat over to Circle Yoga (3838 Northampton St. NW; 202-686-1104; Circleyoga.com), which is hosting free classes Sept. 7-12.

Mind Over Mattress

Don't follow your dreams — lead them to wherever you want to go at night

Psychology

In the summer blockbuster "Inception," Leonardo DiCaprio plays a character who can infiltrate and control people's dreams. Now imagine: What if you could do the same? Well, you can — at least with your own dreams.

The secret is to know when you're actually dreaming — what scientists call having a "lucid dream." It's a bit like waking up during the middle of a dream, yet the dream continues, allowing you to assume command of your actions.

This is referred to as "dream control," says W. Christopher Winter, Medical Director at Martha Jefferson Hospital Sleep Medicine Center, and learning to do it can have many psychological benefits.

For example, practicing dream control can provide peace of mind to people who are bothered by life situations. They can dream about loved ones, happy times or even re-imagine an altercation that ended badly.

Once you realize when you're asleep and dreaming, you can decide which people to dream about, what to do and where to go. Taking control of your dreams starts when you're awake, says Winter. The best way to do this is by practicing a series of reality checks throughout your waking day. Here are some to practice:

Look at yourself in the mirror.

In dreams, your reflection appears distorted, because you don't see yourself enough in a mirror to create a spot-on image, says Winter. So the next time you walk past a mirror, make a mental note that you look normal.

STEPHEN VAUGHAN/WARNER BROS PICTURES

Joseph Gordon-Levitt, awake above, and his "Inception" team control dreams within dreams, but you can just master your own.

Look at your hands.

"Dream hands" tend to be a different color or have a missing or extra digit, says Winter. Look down at your hands a few times each day.

Push your palm with your finger.

If you do this in a dream, you won't be able to feel the pressure, he says. Or, if you do, your finger will go right through the middle of your hand. That's because it's difficult for your brain to replicate a physical sensation during a dream. Throughout the day, press your index finger into the center of your palm.

Flip on a light switch.

It is very difficult for your brain to simulate real-life light changes in a dream, he says. Flipping a light switch in a dream will not affect the contrast in light all that much. Any time you flip a light switch, focus on the amount of light you are seeing.

OTHER USEFUL TIPS

START A DREAM JOURNAL

It's common to dream about the same thing over and over again. By keeping track of what you've been seeing, who was there and what happened, you can train your mind to notice when the situation is reccurring.

SET AN ALARM

The easiest time to lucid dream is in the morning, because your REM cycle is much denser in the second half of the night than in the first. Try setting an alarm 30 minutes before you would normally wake up, rise from bed, walk around a bit, then return to bed. Once you are lying down again, concentrate on lucid dreaming and focus on a specific reality check.

Be aware of the time.

Clocks in dreams tend to be not only wrong, but nonsensical. There are usually characters on the screen that would never exist on a watch, such as A9:3X, or that display in unusual combinations, such as 100:99. Wear a digital wrist watch regularly, and every time you glance at it, note that the time is correct.

Once the reality checks start to appear in your dreams, it's much easier to realize you are dreaming and then work on controlling your dreams.

Don't be discouraged if initially you suddenly awaken when your reality check confirms you are dreaming (i.e., you have three thumbs). With time, you will be able to maintain your dream despite your awareness. Then, with lucidity established, you can practice summoning people or dictating what scenarios you want to play out. MADELINE HALLER (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

Stethoscope

OPHTHALMOLOGY

Well, Eye'll Be Darned

In a recent Swiss study, children looked at photos of other kids to decide who they'd invite to their birthday party. The catch? Some of the images were digitally altered to create strabismus (a condition in which eyes don't line up). The 4- to 6-year-olds didn't have any preference, but older children were much more likely to exclude anyone without normally aligned eyes. Researchers suggest any kids with strabismus get corrective surgery before they turn 6, lest they face social stigma.

WEIGHT LOSS

Slurping to Slim Down

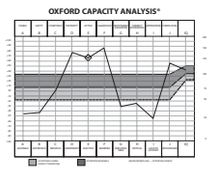
Having a drink before dinner? Order a water, and make it a double. Virginia Tech researchers found that middle-aged and older subjects who drank two 8-oz. glasses of water prior to chowing down consumed fewer calories and lost more weight than people who passed up the H2O. Apparently this trick won't work if you're a youngster, but no matter your age, it can't hurt to get into the habit.

PESTS

Sucks and the City

Sure, New York has more restaurants, bars and theaters than D.C. But it also has more bedbugs. In fact, according to Terminix, the Big Apple has more of the creepy critters than any other city in the U.S. — including Philadelphia, Detroit, Cincinnati and Chicago, which have the dubious distinction of joining NYC in the top five. Bedbugs don't carry diseases, but they do suck blood, which we all know is only cool if you're a vampire.

Curious About Yourself?



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5 Healthy 'Off-Menu' Options

Many restaurants have hidden menus — stuff they'll make if you know to ask. We dug deep to find options that are healthier than some actual menu fare.

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Starbucks' Short Drink Upon request, your barista will serve you a "short" 8-ounce cup — which means big calorie savings. A grande white-chocolate mocha, for example, has 400 calories — the equivalent of about three Starbucks double-fudge mini doughnuts. The short has 200 calories.

Red Robin's Petite Burger This small burger was removed from the menu, but the kitchen still makes it — and it has about half the calories of the standard 931-calorie cheeseburger. If you're embarrassed asking for a petite, just ask for the "smaller" size. They'll understand.

Chipotle's Customized Tacos They'll make combos that aren't on the menu, so ask for three crispy tacos with black beans, fajita vegetables, tomato salsa and lettuce. That saves you 615 calories and 28 grams of fat over a chicken burrito with black beans, rice, green salsa, cheese and sour cream.

Subway's 6-Inch Chicken Marinara Sub The meatball marinara sub tastes great, but costs you 580 calories and 23 grams of fat. If they use oven-roasted chicken instead of the meatballs, you save 260 calories and 19 grams of fat. Top with oregano and a few black olives.

IHOP's Real Fruit on Top Many of the menu's pancakes and waffles come with fruit "toppings," which are often preserved fruit swimming in a sauce of extra calories. You can do better, since there usually is fresh fruit in the kitchen. Order a short stack of buttermilk pancakes, and ask them to top it with whatever fruit is available.

Recipe File

TOMATO AND ITALIAN HERB GAZPACHO

LARRY CROWE/AP

Start to finish:
1 hour 35 minutes (20 minutes active)

Ingredients
- **5 cups cored and diced tomatoes (about 4 large)**
- **1 large English cucumber, peeled and diced (about 2 cups)**
- **1 medium red bell pepper, cored, seeded and coarsely chopped**
- **1 medium red onion, chopped**
- **1/3 cup balsamic vinegar**
- **1/4 cup extra-virgin olive oil**
- **1/3 cup chopped fresh basil**
- **2 tablespoons chopped fresh oregano**
- **3 cloves garlic, minced**
- **1/2 teaspoon kosher salt, or to taste**
- **Ground black pepper, to taste**
- **6 ounces very small fresh mozzarella balls**

Makes Six-Eight Servings

In a large bowl, combine the tomatoes, cucumber, bell pepper, onion, vinegar, oil, basil, oregano, garlic, salt and pepper. Stir to combine. Let the mixture rest at room temperature for 15 minutes.

Using a food processor or blender and working in batches, process the tomato mixture until it is chunky smooth, about 10 to 15 pulses in a processor. Transfer to a bowl, cover and refrigerate for at least 1 hour.

To serve, divide gazpacho among bowls and top with mozzarella. **(AP)**

169 calories; 110 calories from fat; 12 g fat (4 g saturated; 0 g trans fats); 17 mg cholesterol; 10 g carbohydrate; 5 g protein; 2 g fiber; 141 mg sodium.

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RIVERDALE

1, 2, & 3 BR Apts Huge 2 BR Townhomes

Parkview Gardens
888-251-1872
6400 Riverdale Road • Riverdale, MD 20737
GATED COMMUNITY
*Furnished Apartments***

Call Now For Our FANTASTIC SPECIAL

- Fitness Center on Property
- Beautiful Kitchens-Granite Countertops**
- Washer/Dryer**
- Outdoor & Indoor Pools
- Free 6 week summer camp

**Select Units

Riverdale Village
800-767-2189
5409 Riverdale Road • Riverdale, MD 20737

- Roomy, Modern Apts
- Private Balconies/Patios
- Free 6 week summer camp
- Cathedral ceiling *select units
- 1, 2, & 3 BR AVAILABLE
- HUGE 2 BR TOWNHOMES

Call Now For Our FANTASTIC SPECIAL

LANDOVER

Kings Square Apartments
877-898-6958
3402 Dodge Park Road • Landover, MD 20785

- FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Free 6 week summer camp
- Security Deposit payment plan (call for details)

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HYATTSVILLE

Fleetwood Village Apts
866-315-8849
721 Chillum Road • Hyattsville, MD 20783

- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- FREE APPLICATION FEE
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

Call Now For Our FANTASTIC SPECIAL

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4
CALL FOR FANTASTIC SPECIALS!

EQUAL HOUSING OPPORTUNITY

LANDOVER

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2252 Brightseat Road • Landover, MD 20785

FREE September Rent on select units

• Gated Community • State-of-the-art fitness center
• Free Gas & Water • Free 6 week summer camp

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- Free 6 week summer camp
- Private balconies/patios
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GREAT LOCATION! SMART CHOICE!

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- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4
*On selected units only.

EQUAL HOUSING OPPORTUNITY

MD RENTALS

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1 BDR starting at $800

University Gardens
Apartment Homes

- $0 Application on all One Bedrooms
- All Credit Considered
- We Accept Tax ID
- Pets are Welcome
- Carpet/Wood/Balcony/Private Entrance

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universitygardens.net
HOURS: M-F 9-6, SAT 9-5, SUN 12-5
888.552.1097

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AVAILABLE NOW

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- Near Largo Town Center Metro

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Month to Month Leases at no Extra Cost

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Hampshire Village
Apartment Homes

- All Credit Considered
- Minutes from DC & Beltway
- Metrobus right at your door step
- Spacious 1& 2 Bedroom Apartments available

1319 MERRIMAC DRIVE
hampshirevillage.com
HOURS: M-F 9-5:30, SAT 9-5
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Look **high**, and **low.**
You won't find better.

Starting at $1,530
SAVE UP TO 1½ MONTHS FREE RENT!

2 blocks to Metro ▪ On-site retail including Whole Foods Market ▪ Concierge ▪ 2 pools ▪ Fitness Center ▪ Resident Lounge with billiards & Wii ▪ Rooftop courtyard ▪ Eco-friendly

*Rates and incentive are subject to change.

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1 BRs from $1,760*
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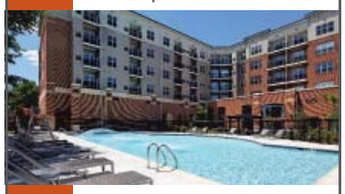
SAVE up to 2 months FREE*



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- airy 9' ceilings
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- swimming pool
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*Rates subject to change. Some features available in select residences.

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Ft.Washington,Md 20744
1-866-652-4957

$699 for Non- Renovated 1BR
$799 for Renovated 1BR
$899 for Renovated 1BR + Den

Must Move in by August 31, 2010

1BR, 1BR+den, 2BR, 2BR+den Available!!!

2428 Corning Ave Ft.Wash,Md 20744 w/d dishwashers in apts wall to wall carpet, pet friendly

---

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Starting From $675	Starting From $750	Starting From $950

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Short Term Leases Available

Enjoy our park setting, adjacent tennis courts and rec. center.

- **Stay cool in our swimming pool**
- **Designer kitchen & bath avail**
- **Min. from Sil. Spr/Bethesda Metro**
- **Access controlled bldgs.**
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- Resident Lounge with billiards
- Eco-friendly green roof

Studios from $1430
1 BRs from $1760
2 BRs from $2065

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the veridian at silver spring metro

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TheVeridianApartments.com
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UTILITIES INCLUDED

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Up to $1000 off First Month's Rent*

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BLOCKS to METRO

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ParksideEastApartments.com
For more info text PSEAPTS to 29999
*See Sales Consultant for details . EHO

Silver Spring EHO

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starting at $850

- Walk to Suitland Metro
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Prices are subject to change

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Newly renovated kitchen & baths all utilities included

starting price on:
1 BRs $965
2 BRs $1155
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Must move in on or before 8/27*
*And receive 1/2 your rent on selected apartments homes.
www.morgan-properties.com

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Rent Special!
MOVE IN FOR $499*

1 & 2 BRs from $755
SPECIAL LOW DEPOSIT!
UTILITIES INCLUDED!
Remodeled w/new Kitchens

- **DIRECTLY ACROSS FROM METRO!**
- Hardwood floors, Mini-blinds
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- Free parking

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***plus deposit. Call for details**

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Electric and Gas Included
All Credit Considered

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50% OFF
1ST MONTH'S RENT
All Utilities Included
With Wall To Wall Carpet!
2-Bedroom $860.00/$940.00
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1 Bedrooms only $850
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- Walk to Metro
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- Maximum income limits apply

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3415 Parkway Terrace Drive Suitland, Md. 20748
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Community Features
- Park Setting with Great Views
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- Convenient to 395, 66, 495 and GW Parkway
- Shopping, Restaurants and Nightlife
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1BR from $1055 • 2BRs from $1250
No Application Fee • NO SECURITY DEPOSIT
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703.751.2297 • www.parcview.com

Alex. **3400 N. Beauregard St.**
Studio from $745
1 Bedroom from $875
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Plus electric. Water and gas incl. Some w/w carpet. Conv. location within Beltway. On bus lines, walking distance to NOVA. Restaurants & shopping close-by. Sorry NO pets.
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EXTENDED STAY HOTEL
Furnished Efficiencies: $378 Wk ◆ $1380 Mo
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Studio $790*
2 BR $1,130*
Security deposit $100*
703-780-0161
*See Agent for details

Alex.- Rt. 1 EHO
Holly Court Apartments
1 BR $877*
Security Deposit $438*
703-765-7039
*See Agent for details

Alex.-Rt. 1 EHO
Carydale Village Apartments
1 BR w/den $967*
1 BR TH $880*
2 BR TH $1,150*
3 BR TH $1,400*
Security deposit $100*
703-780-6244
*See Agent for details

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APARTMENT HOMES

TWO MONTHS FREE*

- Shuttle Service to Metro
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From I-395, take Columbia Pike (State Highway-244) west. Turn left at South Columbus Street.

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Efficiency from $845*
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- Metrobus at front door to Pentagon & Van Dorn Metro
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I-395 to Seminary Rd., West exit to Southern Towers immediately on right.
6 Month Lease Available! Please Call Now for Details!
Call our leasing office today!
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some restrictions may apply/EHO

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ARL, VA/Ballston- Furnished rooms, $850 & $995/room. Avail. Now. Groups ok. Short & Long Term. Please call **703-522-0722**

BETHESDA - TO SHARE: 2br/2ba apt, River Rd, exer rm, NS/NP, $950 incl util. 240-396-6350

CAPITAL HEIGHTS/Seat Pleasant, MD— Male to share house. $150 and up/week. Good transportation. **Call 301-499-6323**

CAPITAL HEIGHTS - 2 blocks from Metro. Share BA & Kit. Clean. Male pref, **$155-$175/week. Call 301-599-6277**

COLLEGE PARK-2 Bedroom, $550 & $600 plus util ea has sep BA, shr Lrg. LR, library, & Kit, Fios/internet/PhoneOSP nr UM bus **301-345-4274**

Columbia Heights- 3rd floor, w/ bath, cable ready, AC, W/D, shr'd kit, sec sys, 1 block from bus route. $1,040+ util. **202-246-6390, btwn 12-8pm.**

FAIRFAX/Nr Fair Lakes: Non-smoking, share TH. Huge Mstr $675, incl all utils. No pets. **703-855-8665**

FALLS CHURCH, VA- $475/month, utilities included, Male preferred. Kitchen, W/D, parking. **703-347-3785**

GAITHERSBURG, MD-1 room **$299,** In house to share. Male-preferred. No-smkg. Near Metro. **301-219-1066**

GAITHERSBURG- T.H. share, private bath. Nr Reo, 270, NIST, pool/tennis. $525 + util. N/S. Call **(301)928-2479**

GREENBELT 1 RM Avail in 2BR Lux Apt to Shr. w/w cpt, AC & heat W/D, D/W, near beltway/metro cable/intreadу. $550. **240-645-3508**

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HYATTSVILLE/Riggs & East-West Hwy. Furnished room $450/month incld cable & utilities. **Call202-709-2208**

Hyattsville—$500 475 450furn,bdr,SecDep$300 util incl Nopet, 1pers only 301-335-1635

LANHAM, MD, RUXTON DR- Quiet, no smoking, utilities included. W/D. $485, $495 & 540 + deposit. **Call 240-645-2380**

NW DC -- 3707 14th Street NW . Come Mon-Sat between 9a-6p. $130/week and up, good bus.

RIVERDALE, MD-N/S Share home. CALL NOW FOR Sept 1. $450 includes utilities, W/D and CABLE. $450 security deposit. 301-613-0446

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MULTI-ACRE (2.8-7+AC) custom lakefront home sites; beautiful wooded lots, privacy **GREAT VIEWS & LOCATION** Easy access via I-85& I-95
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Office 301-449-9100 x2211

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BMW 2006 X3-
White, 70,000 miles. $19,500.
Call **240-515-8257**

BMW 2003 X5 — $6500, Mint cond, 92k mi, Black int, Silver ext, 5 dr, Automatic, txt me: 202-656-1368 or AliceAGiancola@aim.com

DODGE 2008 CHARGER SUPER BEE SRT8 - #723, 10,301 miles, blue, excellent condition, garage kept. $35,000. **Call 703-930-7738**

JUNK VEHICLES REMOVED FREE
CASH PAY FOR ALL
202-714-9835

LEXUS 2003 RX 300- Gold/beige leather, excel cond, 1 owner, 85K mi., loaded, sun roof, nav, 4WD, **$13,500. Call 301-233-3061**

MG 1972 MGB — $4250, Excellent cond, 115k mi, Tan int, Green ext, 2 dr, Lthr Int, Manual, Sound System, 703-629-2030

Plymouth 1997 Grand Voyager- V6, Auto, 140k ,family car, runs/ looks great, Blue, $1600
202-744-7187

27 WANTED
180 GOOD PEOPLE WITH BAD CREDIT
• None Established • Bankruptcies • Judgments • Charge Offs • Repossessions • Tax Liens
New Test Program For Automobile Financing Special Allocation of Funds
NEED A CAR – CALL NOW
Call Mr. Samuals Today • 301-604-1339
Laurel Kia Used Cars & Trucks

Fun for KidsPost readers!

Hurry! Entry Deadline: September 1!

On Sunday, September 12

Kids Run the Show!

If you're age 5 to 12, enter the Nationals "Kids Run the Show" game for your chance to help run the ballclub when the Nationals play the Florida Marlins on Sunday, September 12 at 1:35 p.m.

Have your parent or guardian fill out your application NOW for one of the great "Kids Run the Show" jobs! If you're selected, you'll receive 2 free tickets to the game — 1 for you and 1 for your parent or adult chaperone!

Nationals "Kids Run the Show" Entry Form

Name: _____ Age:_____

Parent's name:_____ Parent's signature:_____

Address:_____ City: _____ State: _____ Zip: _____

Daytime telephone: _____ E-mail: _____

CHECK THE BOX FOR THE POSITION THAT YOU ARE APPLYING FOR

Please answer the following questions in your own words:

*What makes you the best person for the job?*_____

_____

_____

*Why do you want to work for the Washington Nationals?*_____

_____

_____

☐ I would like to receive commercial e-mail messages from MLB and the Nationals

The Washington Post
If you don't get it, you don't get it.

Mail this application to:
"Kids Run the Show Promotion"
Washington Nationals
Nationals Park
1500 South Capital Street, SE
Washington DC 20003-1507

No purchase necessary. This contest is open to children ages 5 to 12. Winners will be selected by officials of the Washington Nationals based on entrants' answers to the questions in the Entry Form. All decisions are final. One entry per child. Parent or legal guardian of all selected applicants will be required to sign a waiver of liability. Other restrictions may apply. Selected applicants will be contacted via telephone or e-mail by the Washington Nationals by Friday, September 3, 2010.

- ☐ **NAT PACK** – Be part of our in-ballpark entertainment squad.
- ☐ **GROUNDS CREW** – Get the field ready for Major League action. *(Note: pregame only, you must be 10 years or older to apply for this job)*
- ☐ **TEAM PHOTOGRAPHER** – Work with MLB and the team photographer to capture the action. *(Note: pregame only, you must be 10 years or older to apply for this job)*
- ☐ **JUNIOR IN-GAME HOST** – Assist the in-game host during the game.
- ☐ **OFFICIAL GAME STARTER** – Shout "Play Ball" from the field to start the game.
- ☐ **LINEUP DELIVERY** – Walk out with a Nationals coach and deliver the lineup to the umpires.
- ☐ **ANNOUNCER** – Read the team's starting lineup. *(Note: for this job, you must provide a demo tape or CD)*
- ☐ **STARTING 9** – Run onto the field with one of the nine position players.
- ☐ **FIRST PITCH** – Throw the ceremonial first pitch of the game.
- ☐ **REPORTER** – Join the journalists in the press box and report on the game.

XPE427 5x10.5

202.675.NATS nationals.com

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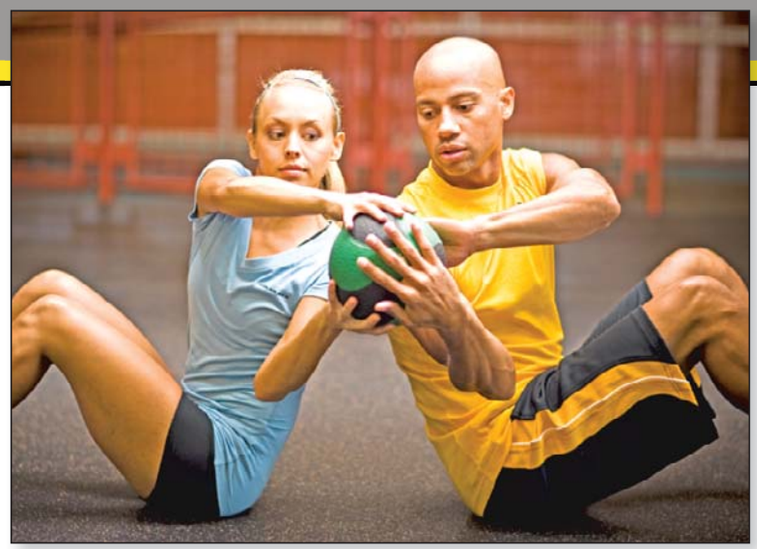

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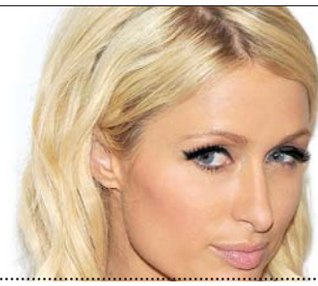
For complete rules and contest information, please visit www.expressnightout.com/contests.

*Total cash prize awarded to the winning pair is $2,000. One 1 year membership will be award to each contestant of the winning pair. One contestant will win a 4 day/3 night trip to Cancun, Mexico inclusive of guest room, all food and beverage, taxes and $1,000 will be provided for flight. Limitations may apply. Trip cannot be redeemable for cash. No purchase necessary. Contest is sponsored by Gold's Gym International, Inc. & Express Publications, LLC. Contest is open only to legal residents of the District of Columbia, Maryland & Virginia who are 18 years of age or older at the time of entry. Void where prohibited by law. Entry period begins on 08/30/2010 at 12:01 am Eastern Time ("ET") & ends on 09/16/2010 at 11:59 pm Eastern Time ("ET") ("Entry Period"). To enter for a chance to compete in the challenge, complete the form on the contest entry page at www.expressnightout.com/getfit or send a 3.5" x 5" postcard with the required information (including a recent (taken within the last 60 days) photograph) from the contest entry page to: 2010 Gold's Gym Challenge; Express Marketing Dept., 1150 15th Street, NW, 7th floor, Washington, DC 20071. Limit 1 entry per pair. Entrants will also be entered for a chance to win a one-year Gold's Gym membership. Contest participants will be chosen as explained in official rules. Winner of one - year membership will be selected by random drawing (ARV $600). Entry period for one year membership sweepstakes is 08/30/2010 at 12:01 am Eastern Time ("ET") & ends on 10/08/2010 at 11:59 pm Eastern Time ("ET") ("Entry Period"). Odds of winning will depend on the total number of eligible entries received for contest and one year membership sweepstakes. Contest and sweepstakes is subject to Official Rules; for a copy of Official Rules visit www.expressnightout.com/contests.

lookout



Drug Bust Denial
Paris Hilton says she borrowed the bag that contained cocaine 35

Sound Bets

Future Brew

Miles Davis helped change jazz in 1950 with "Birth of the Cool." He did it again in 1959 with the modal-based "Kind of Blue" LP. Then he completed the epochal trifecta with 1970's "Bitches Brew," a chaotic blend of mad improvisation, psychedelic rock and bone-jarring rhythms.

By Christopher Porter

"Bitches Brew" is a masterpiece that has been endlessly dissected and reissued, including 1998's complete sessions box set. Still, to celebrate its fourth decade of blowing minds, Columbia has released "Legacy" and "Collector's" editions. The key to each set is a November 1969 concert film, which shows Davis and his band ripping through "Bitches Brew" songs.

Unlike so many reissues padded with outtakes and live cuts, the many versions of the "Bitches Brew" tracks are invaluable; the tunes are so malleable, each take is a revelation. That's because greats such as Wayne Shorter and Jack DeJohnette played the music, but enormous credit also goes to producer Teo Macero, who worked with Davis to make the studio a ghost musician. They used edits and special effects to create an eerie, intense melange of sound that still feels like the future 40 years later.

@ Comments? Give Christopher your feedback: **expressnightout.com/soundbets**

'Attic' Holds Revelations

Prolific British guitarist Richard Thompson and his band delve into edgy rock on a new live record

Album Review

In England and among music nerds worldwide, guitarist Richard Thompson is a legend. Thompson made his debut in the late '60s as a member of the seminal Fairport Convention, a band that launched electrified folk's first wave. The '80s and '90s found Thompson working in America with such luminaries as Robert Plant, R.E.M., Bonnie Raitt, Elvis Costello and Bob Mould. But he's best known as an acoustic English balladeer — though his new CD, "Dream Attic," definitely aims for the rock crowd.

Recorded live in February, the disc's 13 new songs find Thompson and his band plugged in and jamming — and fuming, in the opener "The Money Shuffle." Thompson rarely tackles current events (2007's Iraq War diary "Dad's Gonna Kill Me" being an exception), but his voice has a natural snarl that's well-suited to such anti-banker broadsides as, "If you'll just bend over a little/I think you'll feel my financial muscle." The song's sardonic tone and angry guitar solo fit together well, but the saxophones are distracting — and could be dumped from most of the songs on the disc without harming the overall feel.

More effective are the drums and electric violin, particularly on "Hold Me Up." In addition to some blistering guitar and fiddle solos, there's a bayou/gospel flavor throughout: Thompson even sounds a bit like Fats Domino as he intones, "O, I'm walking."

American influences aside, this is traditional Thompson ground: the forlorn, failing man who seeks redemption, or at least understanding.

The solid electric rock songs here are a bit of a revelation, as Thompson is best known as a solo acoustic act. But a spare acoustic treatment might have been more appropriate for some of the pieces, such as the lyrically strong modern murder ballad "Sidney Wells."

The strongest song here is definitely a group effort, though: "A Brother Slips Away" features the band doing some chilling church-choir vocals on the title chorus. Thompson ends on a hopeful note: "If Love Whispers Your Name" finds him vowing "Next time I promise I will be ready/Ready to move when the clouds roll apart." He seems convinced they will. PAUL STELTER

PAMELA LITTKY

Performing since the 1960s, guitarist and songwriter Richard Thompson combines compelling lyrics with rock-band ragers in a new album that was recorded live.

Backstory

Richard Thompson said his live recordings on "Dream Attic" helped him both save money and produce a distinct sound. "In the studio you can always do another take or fly someone in to overdub a sax solo. In the concert situation, things are out of your control, but in a funny way that can work to your advantage," Thompson said in an interview with the Philadelphia Daily News. "And our audiences rarely made noises during the performances. They were so respectful, it's sickening." (EXPRESS)

Upgrade Your Browser: Have you tried Google Chrome yet? If not, the Arcade Fire might push you over the edge. The Win Butler-led band, along with Google and director Chris Milk, just released "The Wilderness Downtown," an interactive music video for "We Used to Wait" that uses Google Maps, your childhood address and a bunch of up-to-the-nanosecond Web technologies. Try it at Thewildernessdowntown.com. (EXPRESS)

lookout expressnightout.com

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

top stops

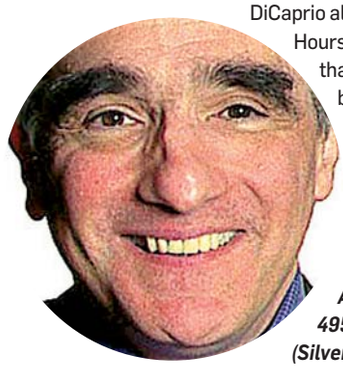
1 Upper Crustacean

Before summer officially ends, take advantage of Bar Pilar's Tuesday night crab feast. Sixty bucks gets you enough food for two — 10 crabs, plus a heaping of sides and some dessert — but you need to get there early. We're not joking: Crab feast time starts at 5 p.m. and only lasts till they run out of crabs. ***Bar Pilar, 1833 14th St NW; Tuesdays ; 202-265-1751, Barpilar.com. (U St.-Cardozo)***

2 Don't Try Standing Still

Just listening to teenage rapper Dominique Young Unique in our little office corner made us have to remove ourselves to the conference room for a tiny impromptu dance party. In an actual club where movement is encouraged and facilitated — well, it's going to be a supernova. See you there. ***DC9, 1940 9th St. NW; Tue., Aug. 31, ; 202-483-5000, Dcnine.com. (U St.-Cardozo)***

3 Hidden Depths



Before Martin Scorsese made ponderous showcases for Leonardo DiCaprio all the time, he did "After Hours," a gem of noir absurdism that follows a young man on bizarre adventures around New York. We'd call it Kafkaesque, if that word didn't make us want to kill ourselves. ***AFI Silver Theatre, 8633 Colesville Road, Silver Spring; Tue., Aug. 31, 9:25 p.m.; 301-495-6720, Afi.com/silver. (Silver Spring)***

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TV tonight lookout

A Story of Poor Sports

ESPN exaggerates backlash against old Little League heroes

Documentary

ESPN 8:00

Does America suffer from too many baseball metaphors? Over the decades, writers including George Will and David Halberstam have carpet-bombed the literary scene with tomes using baseball as a symbol for some Lost American Eden. Cornball movies like "The Natural" and "Field of Dreams" have turned the game into something a little precious.

The trend continues to an almost farcical degree in the "30 for 30" documentary "Little Big Men." The film recalls the 1982 Little League World Series championship team from Kirkland, Wash., a group of talented and well-coached 12-year-olds who dethroned perennial winners from Taiwan.

CORKY TREWIN

A Little League champion receives a brief warm welcome before falling out of favor.

Not content to recall their thrill of victory, the filmmaker reminds us that during the recession-plagued times of the early 1980s, this Little League team "made America believe in itself again."

If this weren't heavy-handed enough, the film, directed by Al Szymanski, transforms Kirkland's victory into something mawkish. Foreboding music hints that something truly dreadful followed their fateful day at Williamsport, Pa.

But here's what happened: After being feted as young champions, the team was the subject of too much media adulation in too short a time. Jealous adults were mean and occasionally profane and somebody called one player "fat."

As that now-adult tries to explain amidst all of the treacle, he appears to be at peace with peaking at 12. "It's just a game," he declares, something this filmmaker would do well to remember. **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**

Best Bets

FAM 8:00

Melissa & Joey Mel wants a break from being a busy working mom and decides to spend a night on the town — and maybe find romance. While she's having fun, Joe (Joey Lawrence, right) takes on the daunting job of organizing her closet.

SYFY 9:00

Warehouse 13 Pete and Myka fly to Russia to track down a killer who is using artifacts from Artie's past to commit a series of murders. Claudia unearths some disturbing information as she digs into Todd's past in the new episode "Vendetta."

TLC 9:00

19 Kids and Counting In the new episode "Josie Duggar Home at Last," the youngest Duggar, left, finally reunites with her 18 siblings in Arkansas, but not before Jim Bob, Michelle and the kids pack up and say goodbye to Little Rock, which has become their home away from home.

DSC 10:00

The Colony While trying to find a way to survive in a post-apocalyptic world, the colonists are dismayed to discover that the water source has been heavily contaminated. **(TRIBUNE MEDIA)**

Cameos

Olympic Luster

Gymnastics coaching legend Bela Karolyi, above, guest stars in the midseason finale of "Make It or Break It" (9 p.m. on ABC Family). With their beloved coach absent, the girls' dream is in grave danger at the Worlds tryouts, partly because of their nemesis, Ellen Beals. They're also each facing personal problems: Lauren can't deal with the news about her mother, while Kaylie's body is showing the effects of hard training. **(T.M.)**

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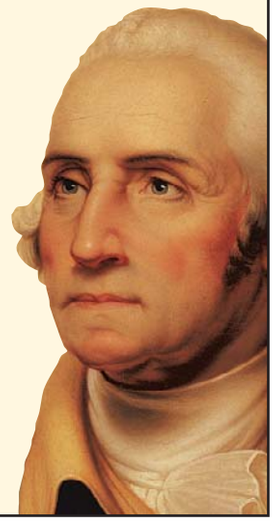

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Poll Center

Today's Question

DOES CONGRESS SPEND TOO MUCH TIME INVESTIGATING SPORTS SCANDALS?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Monday's Results

WERE YOU IMPRESSED WITH JIMMY FALLON AS HOST OF THE EMMY AWARDS?

"Absolutely. It was great to see Fallon out there having fun in what was basically a completely stuffy show. "

COMMENTER SMARTER GUY

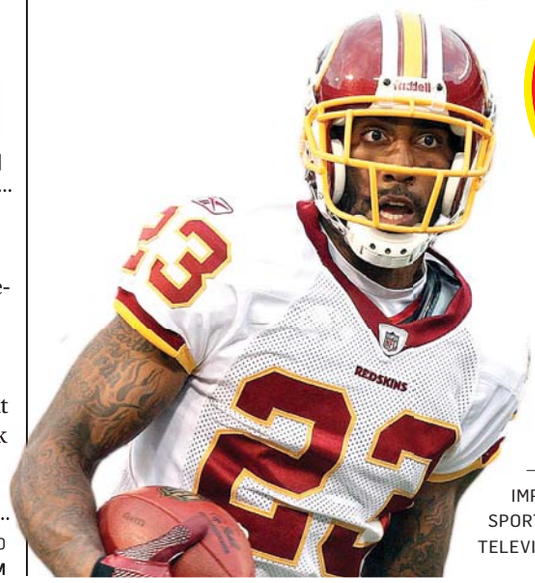
"His jokes were a little weak but the opening ... and his Tom Selleck introduction were all priceless."

COMMENTER VICTORIA

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

"[THIS] LEAVES US with just one tantalizing question — who will be playing the papa cops? With [Ryan] Reynolds and [Bradley] Cooper both big stuff right now, expect some big names to be attracted to the project."

— **TOTALFILM.COM/NEWS** REACTS TO RUMORS THE TWO ACTORS WILL STAR IN A BUDDY COP MOVIE IN WHICH THE TWO ARE FORCED TO BRING THEIR DADS — WHO ARE BUDDIES AND FORMER COPS — OUT OF RETIREMENT IN ORDER TO SOLVE A CASE.



Blog Log

"So much for the Obama summer of job recovery, this summer's motto has been the summer of Democrat corruption."

— **SCAREDMONKEYS.COM** POINTS OUT THAT TEXAS REP. EDDIE BERNICE JOHNSON IS THE THIRD DEMOCRAT THIS SUMMER TO FACE ETHICS ISSUES. JOHNSON HAS BEEN ACCUSED OF AWARDING SCHOLARSHIPS TO RELATIVES UNDER A PROGRAM RUN BY THE CONGRESSIONAL BLACK CAUCUS FOUNDATION.

"Now if he could just talk opposing receivers into taking their spikes off, they'd stop making him look bad on the field."

— A COMMENTER AT **VOICES.WASHINGTONPOST.COM/DCSPORTSBOG** WAS NOT IMPRESSED BY REDSKINS CORNERBACK DEANGELO HALL, WHO ASKED COMCAST SPORTSNET'S KELLI JOHNSON TO REMOVE HER HEELS BEFORE INTERVIEWING HIM ON TELEVISION SO THAT HE DIDN'T APPEAR SHORT.

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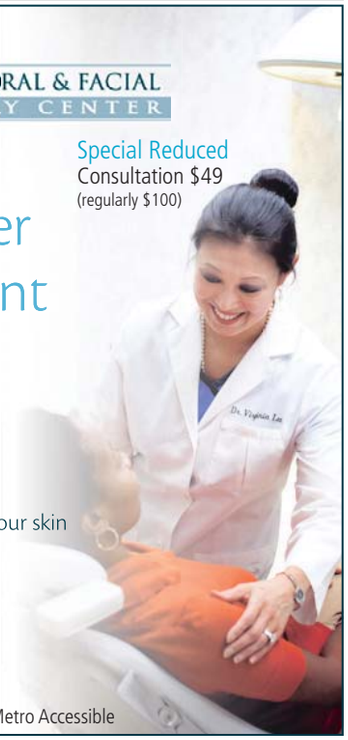

puzzles lookout

Horoscope

VIRGO (Aug. 23-Sept. 22) It may simply be your attitude that is the problem — until you realize that there's no point in swimming against the current.

LIBRA (Sept. 23-Oct. 22) You're not one to throw in the towel merely because circumstances are making things more difficult than expected. Keep going, by all means.

SCORPIO (Oct. 23-Nov. 21) Image may not be all-important, but how you look and sound can make the difference between success and failure.

SAGITTARIUS (Nov. 22-Dec. 21) The stakes are likely to be higher than expected, and someone you know well may make things more complicated than before.

CAPRICORN (Dec. 22-Jan. 19) You've been jumping to conclusions, and you'll have to spend some time sorting through a host of erroneous assumptions.

AQUARIUS (Jan. 20-Feb. 18) Guesswork can provide the answers you seek, but you may not know it at the time. Further experience makes things clear by day's end.

PISCES (Feb. 19-March 20) Behavioral issues come to the fore. Loved ones provide some important information about your past. Evening brings a surprise.

ARIES (March 21-April 19) There's no reason to think that unusual events are caused by anything you are doing — and yet you are exerting a kind of influence.

TAURUS (April 20-May 20) You'll begin to notice further similarities between you and someone of whom you are usually quite critical. Meanings are unclear.

GEMINI (May 21-June 20) You may not believe that a current mystery can be easily solved, but a simple answer may be all that you need at this time.

CANCER (June 21-July 22) What gives you pleasure is no need for alarm unless you are unable to focus on the task at hand. Only you can be the judge.

LEO (July 23-Aug. 22) You may require more in the way of professional attention for reasons that center around personal or professional issues — or both.

PostPoints DAILY CODE E I

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 206

								RACK 1
E1	I1	T1	N1	P3	P3	S1	Double Word Score	
								RACK 2
E1	E1	O1	U1	R1	G2	B3		
								RACK 3
E1	E1	I1	O1	R1	T1	C3	1st Letter Triple	
								RACK 4
E1	O1	S1	L1	S1	N1	W4		

Yesterday's Solution

B3	E1	N1	Z10	Y4	L1		RACK 1 =	20
S1	P3	E1	C3	I1	F4	Y4	RACK 2 =	68
P3	R1	O1	P3	J8	E1	T1	RACK 3 =	104
R1	E1	C3	L1	I1	N1	E1	RACK 4 =	59
PAR SCORE 160-170							TOTAL	251

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

		8	7	6		3		
		5			2		1	
					4			2
			3				5	
7		9				2		8
	4				1			
6			2					
	3		6			7		
		2		4	3	1		

Yesterday's Solution

1	2	7	5	8	3	4	9	6
5	3	9	1	4	6	8	7	2
8	4	6	7	2	9	3	5	1
7	5	8	2	6	1	9	4	3
2	6	4	3	9	7	5	1	8
9	1	3	8	5	4	6	2	7
3	8	1	9	7	5	2	6	4
6	7	5	4	3	2	1	8	9
4	9	2	6	1	8	7	3	5

Need more Sudoku? Find another puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

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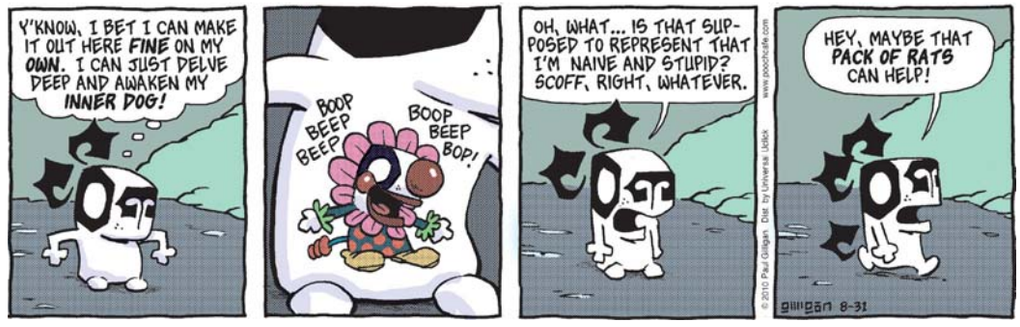
Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS

Forecast

95 | 71

Today: Sunny and hot today. Clear tonight.

94 | 69

Tomorrow: Hot tomorrow with plenty of sun. Patchy clouds tomorrow night.

Looking Ahead

THU	FRI	SAT
90 | 71	94 | 68	80 | 61

Sun and Moon
Sunrise today: 6:36 a.m.
Sunset today: 7:40 p.m.
Moonrise today: 10:59 p.m.
Moonset today: 1:19 p.m.

Almanac
Normal high: 84
Record high: 99
Normal low: 66
Record low: 50

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lookout puzzles

Crossword

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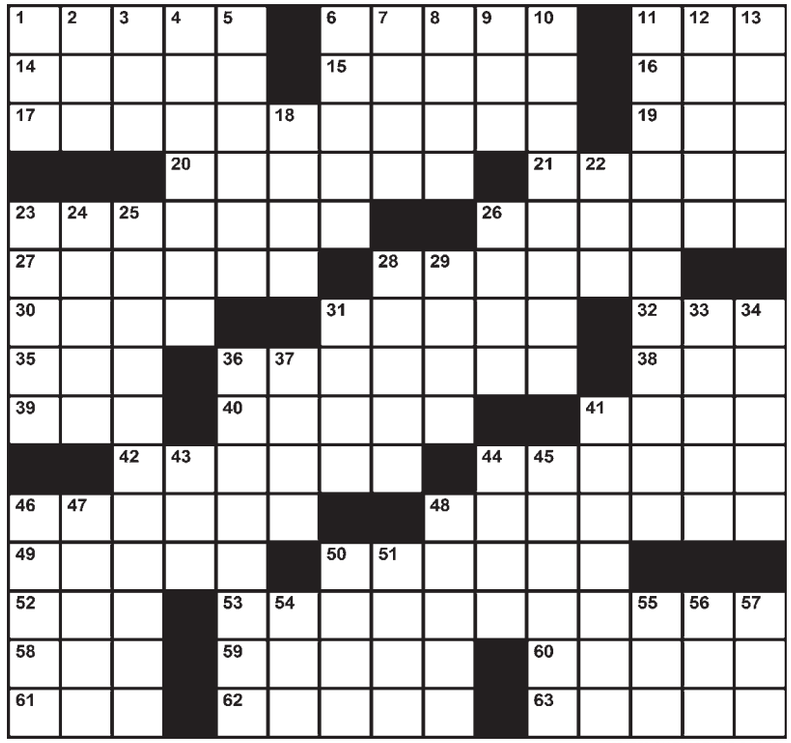

EDITED BY TIMOTHY E. PARKER

ACROSS

1 Build up, as a fortune
6 "Natural High" singer Haggard
11 No. cruncher
14 Hour and minute separator
15 College at Oxford
16 "My Name is Asher ___"
17 Baking measures
19 Be in the hole
20 Abhor
21 Opening for "state" or "net"
23 Went on Social Security
26 Many rulers have 12
27 Play the market
28 Additional performance
30 Copy cats?
31 It's hit at the sound of gunfire
32 That lady
35 "Heir" homophone
36 Rock-clinging mollusk
38 Sort of rally
39 Bench press unit
40 Unit of light-bulb intensity
41 Art-film theater
42 Drill team?
44 A batter has one
46 Menus
48 Passes, as time
49 Like well-traveled dirt roads
50 Zen Buddhist enlightenment
52 Poem with a dedicatee
53 Boob tube addict
58 Title for Galahad
59 Pokemon genre
60 Seminar focus
61 Titanic's call
62 Shopper or bellhop, at times
63 December forecast, perhaps

DOWN

1 One of five in "Othello"
2 Bygone big bird
3 Priest's gown
4 Army person
5 Smiles with contempt
6 Cousin of a minibike
7 Bow-toting god
8 Disorderly demonstration
9 Football player Dawson
10 Danish town in "Hamlet"
11 Laundry room supply, for some
12 Certain flycatcher
13 Affirms
18 "Do not change," to an editor
22 Manufacturer of the first mechanical cash registers
23 Closer to fruition
24 Make accustomed to
25 Certain news gatherers
26 It's often double-clicked
28 Page who played Juno
29 Twelve sharp
31 Anonymity's opposite
33 Conclusion opener
34 "Shakespeare in Love" swords
36 Prowling feline
37 Mooches
41 Where to find your congressman
43 "Addams Family" cousin
44 Farm fare
45 Allegorical cards
46 "Sailing" artist Christopher
47 Broadcast portion
48 Chloroform cousin
50 "The Man in the Gray Flannel ___"
51 Top position
54 "Bed-in" participant with Lennon
55 "The Murders in the Rue Morgue" beast
56 1-1 score, for one
57 Prefix meaning "eight"

Yesterday's Solution

Today in History

1888 Mary Ann Nichols, the apparent first victim of "Jack the Ripper," is found slain in London.

1980 Poland's Solidarity labor movement is born with an agreement signed in Gdansk that ended a 17-day-old strike.

2009 Walt Disney Co. says it is acquiring comic book giant Marvel Entertainment for $4 billion.

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people lookout

RELATIONSHIPS

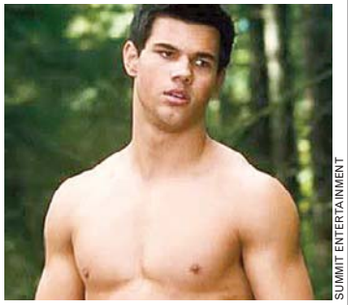
'A Shared Interest In Military History Brought Us Together'

Kat Von D and Jesse James are officially dating, if "officially" means they were seen holding hands this weekend, and that Radaronline.com talked to someone who saw this. "They came into town early afternoon Sunday on a motorcycle," the source said. Then they went to a World War II museum. **(EXPRESS)**

MISTAKES

Man Too Interested in Taylor Lautner's Acting To Notice His Abs

The owner of an RV dealership sued by Taylor Lautner over a trailer has challenged the actor to resolve the case via a push-up contest. Lautner sued Brent McMahon for not delivering an RV for use as a dressing room. The 47-year-old businessman says that if he won the contest, he will donate the settlement money to charity. **(EXPRESS)**



SUMMIT ENTERTAINMENT

Just look at that expressive face, those soft brown eyes ... it's hard to look away.

Dirtbag Digest

Witty Repartee Dazzles Judge

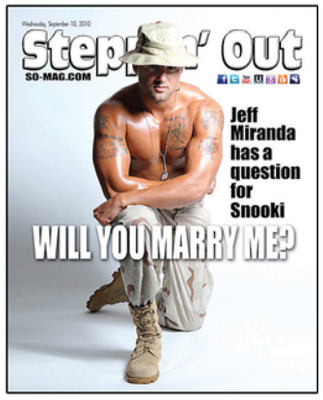
Real Housewife of New Jersey Danielle Staub says her ex-husband, who filed a $5 million defamation lawsuit against her, should have his case thrown out, TMZ.com reported. Kevin Maher can't prove she talked trash about him, she says in new legal papers — and even if she had, his reputation is so bad it wouldn't have mattered. **(EXPRESS)**

ANDREAS RENTZ/GETTY IMAGES

SURPRISES

No Gum In This Clutch, Either

Paris Hilton denied owning the purse in which police say less than a gram of cocaine was found after a traffic stop on the Las Vegas Strip, according to an arrest report released Monday. "She told me the purse was not hers, that she had borrowed it from a friend," Lt. Dennis Flynn wrote Friday. "I asked Hilton whose cocaine it was, and she said she had not seen it but now thought it was gum." **(AP)**



DESPERATION

'Snooki, I Am Nothing Without You. No, Really'

Jeff Miranda has proposed to girlfriend Nicole "Snooki" Polizzi via the Sept. 10 edition of Steppin' Out magazine, Radaronline.com reported. "I want us to be together forever. I could see us having children ... we would be the best parents around," he told Steppin' Out. But since the issue isn't out yet, Polizzi will likely learn of the proposal from Radar. **(EXPRESS)**

"But in general, shrimp po-boys. I order them everywhere."

—**BRAD PITT** NAMES ONE OF HIS FAVORITE THINGS ABOUT NEW ORLEANS. HE ALSO LIKES THE SAINTS AND THE FRENCH QUARTER. YEAH, WE KNOW, SHOCKING!

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